

Abstract of the Disclosure

A light-weight portable vertebrae decompression support device comprising a pair of arm rests with selectively adjustable members connecting the arm rests and a base member. The base member is adapted to rest on a seat. The selective adjustment raises and lowers the height of the arm rests with respect to the base. The support device provides arm support sufficient to decompress the vertebrae and aids persons recovering from back surgery or those with chronic back problems. The support device can be made adjustable to fit different girth persons.